

**Today the  
Fresh Fruit  
and Vegetable  
Program presents  
to you...**

# Bartlett Pears

## What are they?

- ◆ There are thousands of pear varieties that vary by taste, size, shape, and color
- ◆ Most pears tend to be damaged easily when ripe due to their soft texture and thin skin
- ◆ Bartlett pears are the most common type of pear
- ◆ They range from light-green to a bright yellow color when ripe
- ◆ Their shape is similar to a bell
- ◆ When ripe Bartlett pears are juicy and sweet

## When are they available?

- ◆ Harvested from July to December in the U.S.
- ◆ Most of the pears grown in the U.S. are grown in the states of Oregon, Washington, and California

## What's so cool about them?

- ◆ Pear trees can grow up to be 100 years old
- ◆ In 1620, the first pear tree was planted in the U.S.
- ◆ Due to their soft texture, pears used to be called “butter fruit”
- ◆ Unlike many other fruits that need to ripen before they are picked, pears do not ripen until after they have been picked
- ◆ Bartlett pears are also known as “Stair’s pear” or “Williams pear”
- ◆ Stair’s pears are named after the schoolmaster who discovered the pear in 1765

## Why should I eat them?

- ◆ Excellent source of fiber, which helps lower bad cholesterol and promote good digestion
- ◆ Good source of vitamin C, which helps boost your immune system and promote wound healing and collagen formation

## Need some recipe ideas?

- ◆ Pear Galette
- ◆ Oven Pear Pancake

## Nutrition Facts

Serving Size 1 medium bartlett pear

### Amount Per Serving

**Calories** 100      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 26g      9%

Dietary Fiber 5g      20%

Sugars 16g

**Protein** 1g

Vitamin A      0%

Vitamin C      10%

Calcium      2%

Iron      2%

\*Percent Daily Values are based on a 2,000 calorie diet.

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Created By:  
Kara Helget, Food Service Intern  
Collaboration With:  
Judi Smith, Food Service Director

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